

Mental Fitness



To achieve your full potential for well-being and success

Most of us know the importance of physical fitness as a contributor to good health. But do you ever stop to think about the importance of being mentally fit?

Mental Fitness is the key contributor to mental well-being and success. It is vital for everybody.

First and foremost, mental fitness is about boosting your sense of well-being and nips stress, burnout, and mental health problems in the bud. It is also the foundation to perform at your best and have strong relationships.

How to Grow your Mental Fitness

Mental Fitness is your capacity to respond to life's challenges with a positive rather than a negative mindset. When you strengthen the part of your brain that serves you and quiet the part that sabotages you, you handle life's challenges with a more positive mindset, less stress, and greater resilience.

Strengthen the Three Core Mental Muscles:



Saboteurs Interceptor

Develop greater mastery over your own mind, quiet the negative, and activate the positive region of your brain.



Self-Command Muscle

Daily neuroscience based exercises that enable you to run your brain, rather than allow your Saboteur hijacked brain to run you.



Sage Muscle

Learn the Sage Perspective and active Sage Powers to reframe failure, unleash creativity, and build resilience.

Boost Performance

- Mental Fatigue
- Resilience
- Adaptability
- Focus

Improve Wellbeing

- Stress Management
- Self-Confidence
- Burn-out Prevention
- Emotional Intelligence

Relationships

- Conflict Management
- Diversity & Inclusion
- Talent Retention
- Collaboration
- Leadership

Strengthen your mental fitness for greater wellness, productivity and resilience.

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Grow your organizations Positive Intelligence

We help create high-functioning teams with maximum performance and well-being by building everyone's Positive Intelligence through Mental Fitness.

Start with a workshop that engages, sparks insights and action

Support yourself and your team to perform at their best by offering a Mental Fitness workshop .

During this interactive and engaging session, participants will learn:

- The ten ways we self-sabotage and which ones affect you the most.
- How to strengthen the three core mental muscles so you can handle any challenge with a positive mind, maximal effectiveness, and minimal stress.
- A 10-second neuroscience-based technique that helps you go from feeling stressed or overwhelmed to calm, clear-headed, and laser-focused in action.
- The impact of an individual's sabotaging thought patterns on the team and how to break them to generate trust, accountability and engagement.

Elevate Your Organization's EQ

Encourage your people to participate in the Mental Fitness Program

Utilize a research-based, app-supported Mental Fitness program to support your employees in building powerful habits for a positive mind.

A new way of operating

Designed as a mental fitness Bootcamp, the PQ Program gives your team members the insights, motivation, and structure to practice 15 minutes daily for 6 weeks to install a new way of operating in the world!

The program combines weekly video sessions with daily app-guided practices to boost participants' 3 core mental fitness muscles.

Get in touch to learn more!